

Monthly Activities

Month: February

Class: Toddlers & Twos

Theme: Healthy Habits, Our Body, The Five Senses, Nutrition & Exercise

Community Helper: Doctor, Nurse, Dentist

Alphabet: Pp, Qq, Rr, Review

Math Concepts: Patterns, 1-4, Heart

Color: Red

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Healthy Habits	Discuss taking care of our bodies. (Eat healthy, drink water, sleep, brush teeth, wash hands, exercise & safety)	Cut out pictures of healthy foods from magazines. Make a collage.	Pattern: Find different colored materials around the house. Make a pattern with them.	Give toys a bath. Talk about the importance of washing hands and bathing.	Pretend play at the Dentist: What happens there? Why do we visit the dentist? Practice brushing your teeth.
Week 2 Our Body	Cut out different colored hearts and count them.	Blow bubbles and pop them with different body parts (Nose, foot, shoulder, etc.)	Pretend play: At the Doctor's office. What happens there? Why do we visit the doctor?	Use the hearts from Monday and make a pattern with them.	Sing "Head, Shoulders, Knees and Toes" to review body parts.
Week 3 Five Senses	Do a taste test with your child: lemon juice, salsa, pretzels, & apple sauce. Which was your favorite? Least favorite?	Go on a walk outside. What sounds do you hear?	Mix packets of kool-aid with half the amount of water. Paint with them on paper. After it dries, scratch and Sniff!	Go on a color hunt: how many red objects can you find around the house?	Find materials with different textures and explore them.
Week 4 Nutrition & Exercise	Read <u>Growing Vegetable Soup</u> by Lois Ehlert. Have your child help you prepare and cook your own veggie soup.	Pattern: Cut pieces of fresh fruit and/or vegetables to make patterns with. Eat it after!	Exercise: practice jumping and running in place.	Go to the Preschool page at choosemyplate.gov print out the healthy eating mini-poster, hang it up in the kitchen and discuss.	Stand on a scale and find out how much you weigh. Take a guess first.